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DOH- WALTON PROMOTES EARLY DETECTION AND TREATMENT TO FIGHT BREAST CANCER



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DeFuniak Springs — In recognition of National Breast Cancer Awareness Month in October, the Florida Department of Health in Walton County encourages all women to receive regular screenings to promote early detection and treatment of breast cancer. "Important advances have been made through increased awareness, breast cancer screenings and better treatments" said Holly Holt, Health Officer. "In 2019, 8 females in Walton County passed away due to breast cancer, so I strongly suggest to women to complete the recommended mammogram screenings".

According to the CDC (Centers for Disease Control and Prevention), not counting some kinds of skin cancer, breast cancer is the most common cancer in women in the United States, no matter a person's race or ethnicity. From 2017 to 2019, 35 women died due to breast cancer in Walton County. For more information see www.FIHealthCharts.com.

What should women do? Make "No excuses, ladies." Women should talk to their health care provider about their individual risk factors and the frequency of receiving mammograms, as well as complete any recommended mammogram screenings. Additionally, women can lower their risk as follows:

- Get and stay at a healthy weight
- Be physically active
- Limit or avoid alcohol
- Choose to breast-feed
- Quit smoking and or vaping

The Florida Breast and Cervical Cancer Early Detection Program (FCCEDP) provides access to the breast and cervical cancer screenings doctors recommend. The screenings are free or low cost for those who meet the program eligibility requirements.

To see if you qualify, call DOH-Walton at: (850) 892-8015.

About the Florida Department of Health

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